

## Good Grinding for Wise Dining Granola

**Yield:** approximately 2 ½ cups

**\*1 recipe will make 10-20 “taste” servings**

### **Ingredients:**

2 cups oatmeal (instant OR old fashioned)  
¼ cup nonfat powdered milk  
⅛ teaspoon cinnamon  
⅛ teaspoon nutmeg  
¼ cup wheat germ  
2 tablespoons oil  
3 tablespoons pancake syrup  
¼ cup raisins  
¼ cup chopped nuts

### **Directions:**

1. PREHEAT oven to 300° F.
2. In a large bowl, COMBINE oatmeal, powdered milk, cinnamon, nutmeg, and wheat germ.
3. In a small saucepan or skillet, COMBINE oil and pancake syrup. HEAT until warm. MIX well.
4. ADD pancake syrup mixture to dry ingredients.
5. MIX well and SPREAD on cookie sheet or shallow pan.
6. BAKE in oven. MIX every 5-10 minutes until brown and crisp (about 15-20 minutes).
7. ADD raisins and nuts after cooking.
8. STORE in airtight container.

### **Variations:**

Other dried fruits may be used.

For children over 2 years of age, honey may be used instead of pancake syrup.

## Equipment

- Oven
- Electric Skillet
- Extension cord
- Cookie sheet or shallow pan
- Measuring cups
- Measuring spoons
- Mixing bowl (large)
- Mixing spoon
- Spatula
- Pot holders
- Plates or napkins

\*Always practice safe food handling techniques. Refer to Food Safety section.